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BY SAMANTHA NELSON FOR REDEYE | REDEYE@REDEYECCHICAGO.COM » GET MORE EAT, DRINK, DO, IDEAS AT REDEYECCHICAGO.COM



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The Cubs and the Pirates swarm the field after Cubs pitcher Jake Arrieta was hit by Pirates relief pitcher Tony Watson. AP PHOTO

big picture



BRING ON THE DRAMA

CUBS, CARDINALS TO FACE OFF IN NLDS—THEIR FIRST-EVER POSTSEASON MATCHUP

By Paul Sullivan | CHICAGO TRIBUNE

Joe Maddon vs. Tony Soprano is probably about as good a marquee billing as you're going to see in October.

Maddon referred to the fictional mobster during a recent rant against the Cardinals at Wrigley Field, wondering if Soprano "put out the hit" on Cubs first baseman Anthony Rizzo, who was hit with a pitch in apparent retaliation for Dan Haren plunking Matt Holliday in the helmet.

While he didn't name names, Maddon's target was obviously Cardinals manager Mike Matheny, a disciple of the Tony La Russa style of retribution.

Here are three pertinent questions

about the Cardinals heading into the opener Friday of the best-of-five National League Division Series, the first postseason matchup between the archrivals.

Will Molina play?

The Cardinals revolve around Yadier Molina, the catcher many believe is the best of his generation who has been on nine playoff teams in his 12 seasons. Molina missed the last 13 games of the regular season with a torn ligament in his left thumb, but he was practicing with the team and wearing a splint on his catching hand.

The Cubs don't have much of a running game to test Molina, but they may have pinch-runner Quintin Berry to use if he's

on the roster.

Molina had his worst offensive season since 2006, finishing with four home runs and a .660 OPS. But he has been known to hurt the Cubs at the most inopportune times and has a career average of .308 with 86 RBIs against them.

Who is the Cardinals' ace?

Adam Wainwright was the undisputed ace before going down in April and missing most of the season with an Achilles tear. He returned to the bullpen in September, but the rotation had managed fine without him. John Lackey, who went 9-4 with a 1.93 ERA in 17 starts at Busch Stadium, will start Game 1 on Friday at home.

"The numbers are good at home," Matheny told the St. Louis Post-Dispatch. "Not bad on the road [4-6, 3.82]. He just has had a strong season."

Matheny did not name his starters after Game 1, though right-handers Michael Wacha (17-7, 3.38 ERA) and Lance Lynn (12-11, 3.03) and lefty Jaime Garcia (10-6, 2.43) likely will be used in some order.

The Cubs will counter with Jon Lester

in Game 1, and the rest of the rotation is to be determined.

Which team is the hottest?

The Cardinals were the best team in baseball this year, winning 100 games despite a series of injuries to key players such as Wainwright, Matt Adams, Holliday and Molina. And they also went 11-8 against the Cubs, though the Cubs won four of their last six, taking two of three in each of their last two series in September, including the Maddon-Soprano game.

On July 27, the Cardinals had an 11½-game lead over the Cubs on their way to their third-straight division title and fifth-straight playoff appearance.

But the Cubs went 46-21 the rest of the way, finishing only three games out of first. The Cardinals were shut out in their last three games against the Braves and haven't scored a run in the month of October.

After being 40 games (86-46) above .500 on Sept. 2, they went 14-16 in their last 30 games. The Cubs finished with an eight-game winning streak before beating the Pirates in the wild card game.

NLDS schedule

GAME 1
Cubs at Cardinals
5:30 p.m. Friday, TBS

GAME 2
Cubs at Cardinals
4:30 p.m. Saturday, TBD

GAME 3
Cubs vs. Cardinals
TBD Monday, TBD

***GAME 4**
Cubs vs. Cardinals
TBD Tuesday, TBS

***GAME 5**
Cubs at Cardinals
TBD Thursday, TBD

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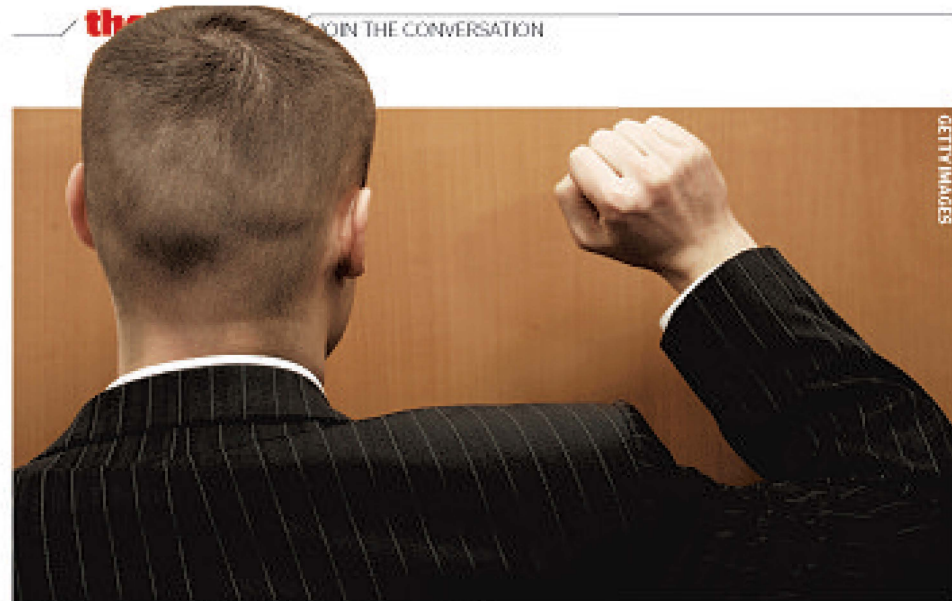


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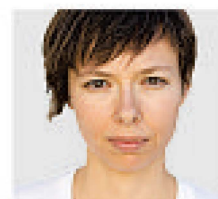
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Should I invite a stranger I met online into my home?



**Anna
Pulley**

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So this guy who lives in Portland has been pursuing me on OkCupid. The messages progressed to phone, so we've been texting a lot, and things have actually gotten quite heated. He's flying to Chicago soon (for another matter, not only to meet me) and there's been some debate about whether we should

meet somewhere out or if he just comes to my apartment and we [bleep] before we get to know each other in person. Doing that sounds really, really hot to me, but the rational part of my brain is like, you definitely shouldn't invite a random Internet person into your home before meeting in public. What should I do?
—Logic or Lust

Dear LOL,

While it may indeed be hot to rip the clothes off an attractive stranger as soon as that stranger is in the same time zone as you, that hotness is not going to dissipate after a 20-minute chat and a bowl of queso dip. (They don't call them appeTEASERS for nothing!)

It's easy to be lured into thinking we can truly get to know a person without ever meeting them in person—online is certainly how we communicate with most people, most of the time, these days. But there are

aspects of our personalities (or lack thereof) that can only come across in person, such as smell, vocal pitch and whether they check their Instagram feed 100 times an hour.

And that's just in the area of attraction.

Your brain is right that inviting a stranger into your home for sex carries a lot of risks, risks that easily could be put to rest if you had that aforementioned queso dip. But, Anna, you may be asking, is sharing an appetizer really enough time to determine if someone is a sociopath?

Maybe not, but it's enough time for your intuition to have kicked in and offered an assessment about this new person. Studies have found that, when it comes to making major life decisions, trusting our intuition leads to better outcomes, as opposed to when we apply a lot of analytical, conscious thought to those same decisions.

Plus, what if you meet and determine he's a penis-thumb? It's going to be much less awkward to let this fellow down at the Golden Nugget, as opposed to when he's half-naked and straddling your Lack coffee table.

All that said, it'll probably be fine! Enjoy the flirtation and the build-up and the no-strings-attached, long-distance nookie. Just have a beer somewhere in public first before you do. It's a small precaution that will go a long way.

ANNA PULLEY IS A REDEYE CONTRIBUTOR.



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Members of the Chicago Area Runner's Association stretch after a short run the week before the Bank of America Chicago Marathon.
BRITTANY SOWACKE PHOTO FOR REDEYE



TALKING TRAINING

CHICAGO AREA RUNNERS ASSOCIATION UNITES ROOKIES, VETERANS FOR MARATHON PREP

By Matt Lindner | FOR REDEYE

It's not even 8 o'clock on a brisk Saturday morning and Melissa Nardi has already run 8 miles before most of the city has wiped the sleep from its eyes.

Nardi and a group of runners with the Chicago Area Runners Association have been training together over the summer, building up their mileage in preparation for the main event Sunday.

"It's hard to get up, but once you're out there, you're happy you did it, and the group makes it easier because there's some accountability," said Nardi, a 34-year-old Lake Shore East resident. "You're always happy you did it

once you're out there."

Nardi will be one of around 45,000 people taking to the streets Sunday to run the 38th annual Bank of America Chicago Marathon. It's a field that includes runners of varying

experience, from relative newcomers like Nardi, who will be running her second Chicago Marathon, to experienced veterans like Trisha Palma and Stephanie Lo, who will be running in their 11th and 15th Chicago Marathons, respectively.

"I mainly run Chicago because Mile 26 is literally two blocks away from my house, so I can't even let it pass by on the years that I thought about passing it by," said Lo, a 46-year-old South Loop resident. "I know that weekend will come by and I will be so pissed off if I have to see anybody running by. I guess I've gotta move if I wanna take a break."

Palma will be running as part of a pace group with the Chicago Area Runners Association, or CARA.

"I love running on the pace team for the marathon," she said. "I get to relive the first time with other first-timers."

That's because while Sunday's race is old hat for veterans like her, it's uncharted territory for rookies like Julie Flutterman and Kari Berglund, who will be running the marathon for the first time this year.

A couple of weeks ago, the CARA group completed a 20-mile run, farther than Flutterman and Berglund ever had run before. At that point, for the two of them, it became real.

"It was the first day I thought I could run a marathon," said Berglund, a 26-year-old Logan Square resident. "The 20-miler was the day where [I realized] it's going to happen and I can actually do the entire marathon distance."

"The last two miles were not so great," said

MARATHON STRATEGY: PACE YOURSELF, SOAK IN THE EXPERIENCE

By Matt Lindner | FOR REDEYE

Having thousands of people screaming and cheering for you as you do something as mundane as running will get anyone's blood flowing.

Because of that, those who have run the Chicago Marathon say it's easy for first-timers to take it out of the gate just a little bit too fast.

"The problem with the Chicago Marathon and every other big race is there is so much energy at the start," said Stephanie Lo, a 46-year-old South Loop resident who will be running in her 15th Chicago Marathon on Sunday. "There is so much adrenaline going through your veins that you start taking off, they're playing all the music and you just go a little too fast, which is always not good."

The trick to a successful race, she says, is being able to rein yourself in and muzzle your own personal emotions as best you can.

"The smart strategy, which I have finally learned, really is to hold back the first 5 to 7 miles and then start slowly picking it up," she said.

"It's so hard not to do that especially with a race like Chicago, where there are so many people cheering you on," added Kristan Huenink,

a 34-year-old West Loop resident who will be running in her sixth Chicago Marathon. "Keep a steady pace, don't worry about what's going on around you."

On Sunday, Lo, Huenink and nearly 45,000 others will tackle the 26.2-mile course, which will take runners on a tour of the city from Boystown to Bronzeville and everywhere in between.

Of course, running that far isn't an easy feat, and it's one that requires a not-insignificant amount of preparation. Running groups like the Chicago Area Runners Association, or CARA, offer 18-week programs aimed at helping build up runners' stamina.

"The training involves long runs, a little bit of speed work and then some shorter runs in between during the week, along with some strength training," said Alona Banai, a 31-year-old Oak Park resident and the partnership marketing coordinator for CARA.

Less experienced marathoners taking part in the program say the moral support is almost as valuable as the physical training provided.

Running that far for that long a period of time can be mentally draining if you've got to do it by yourself, after all.



Alona Banai
BRITTANY SOWACKE PHOTO FOR REDEYE

"It's fun because you get to run with lots of other people who are doing it, too, and going through the exact same thing you are," said Kari Berglund, a 26-year-old Logan Square resident who will be running her first Chicago Marathon.

"The sense of community really helps you get out there to train every single Saturday at 6 a.m. and to get you through those long runs and those issues that you're having [throughout training]," added Melissa Nardi, a 34-year-

old Lake Shore East resident who will be running in her second Chicago Marathon.

So what's the best piece of advice the veterans have for the rookies?

Simply put, be a sponge.

"Soak it all in," Lo said. "There is nothing like the excitement of a first-time marathon. That kind of, 'Can I do it? OK, I've [run] all these miles.'"

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Flutterman, a 28-year-old Gold Coast resident. "I was just exhausted by then and it was hard to keep pushing but I did it."

It is around that point, the 18- to 20-mile mark, marathon veterans say, where your body and mind start to realize just how far you've run.

"[At Mile] 18, you're starting to have a sense of awareness of how difficult it is," said Phillip Sitar, 42, who lives downtown and will be running his ninth Chicago Marathon. "By 22, you start to pray. You say to yourself, 'You've gotten through 20, you're at 22 miles, you're almost there,' and that light at the end of the tunnel is what helps get you to it."

"I feel like that stretch is where most runners start to lose it mentally, where they feel like they just can't keep going," Palma added. "Mile 23 is another one where I fall apart again mentally. At that point, you make that decision to walk or keep on going."

What helps many marathoners keep on going, they say, is the enthusiasm of the thousands of spectators lining the route.

"It is like a 26.2 mile block party," said Kristan Huenink, a 34-year-old West Loop resident who will be running in her sixth Chicago Marathon. "[My] favorite stretch has got to be coming through Boystown. It's just crazy.



Stephanie Lo

You never know what you're going to see. My first year, I had Gatorade handed to me by a bearded Superwoman."

"The crowds are a huge help," Nardi added.

"It's just, you've done this, you can do this, keep putting one foot in front of the other like you have all summer."

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“{At Mile} 18, you’re starting to have a sense of awareness of how difficult it is. By 22, you start to pray. You say to yourself, ‘You’ve gotten through 20, you’re at 22 miles, you’re almost there,’ and that light at the end of the tunnel is what helps get you to it.”

—Phillip Sitar, 42, who will be running his ninth Chicago Marathon



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Wesley Korir
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Kenyan marathoner Korir keeps moving forward

By Sean Ely | REDEYE

Wesley Korir, who has a good chance at coming in first place in this Sunday's Chicago Marathon, isn't the type of person who is content with a lifestyle of relaxation.

The 32-year-old Kenyan is already an incredibly successful long-distance runner, winning first place in the Los Angeles Marathon in 2009 and 2010 and the Boston Marathon in 2012, as well as second place in the 2011 Chicago Marathon.

But Korir's drive and determination may be even more impressive when it comes to being an elected Member of Parliament for Cherangany Constituency in Kenya.

"In 2013 I realized, why is it that Kenya is not changing?" Korir said. "I asked myself that question, 'Why are we not moving forward?' And I realized that having bad leaders is what is making us not go anywhere. So I thought, 'Why not get in?' Become the change you want to be, that's the key."

Korir moved to the United States in 2004 and attended Murray State University, winning the 5,000-meter and 10,000-meter races at the Ohio Valley Conference championships.

The next year? He transferred to the University of Louisville before setting multiple school records and earning All-American honors consistently throughout his college career.

Korir and his wife, Tarah—who was a former teammate of his at Louisville—founded the Kenyan Kids Foundation. The organization strives to improve education and health care in Kenya, with plans of building a new hospital in Kitale.

Korir's smile and personality are just as big as his heart. And within just two minutes of meeting him, you can't help but be in his corner.

I read that you would run five miles to school and—this is the part that makes me laugh—would run five miles back home for lunch, eat, run back to school then back home after school. That's 20 miles a day. Uh, question: Did you hate the idea of just carrying your lunch to school in the morning?

[Laughs.] You don't carry lunch to school. That's why you come back home.

You can't?

No.

Not like a peanut butter and jelly sandwich in a bag?

I used to be that kid that did not want to wake up. So I would always wait until the last minute and then I would rush to school before you get punished by the teacher.

Oh yeah, my manager will tell you that I'm still like that. It's 11 a.m., where the hell is Sean?

[Laughs.] My mother will tell you that I'm still like that, too. But that helped me a lot [to become a great runner] because I had to rush to get to school.

People in Chicago will wake up at 8:30 a.m. before work and only have to take the train for two stops to get there. But then they're in a bad mood the rest of the day because, "The train was crowded for two stops!" Like, yeah, life is so horrible for you. Does that make you laugh?

It's human nature. We complain. We are born to complain.

What do you complain about?

I don't know. You can ask my wife that. [Laughs.] She'll give you a list of it.

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OH, IT'S ON

Here's hoping the Cubs play the Cards right. Or at least make a better rap video.



Lauren Chival
@lchival
RedEye contributor



John Scholl
@johnmardque
ManiQue co-founder



Ryan Salzwedel
@ryansalzwedel
WGN "Weekend Workbench" host



Jordan Schultz
@monroeschultz
RedEye Web editor



Kristin Samuelson
@KSamCh
RedEye managing editor

1	The Cubs have advanced to the NLDS! Just how excited are you?	I have no chill.	I don't have cable, so what happened?	On a scale of 1-10? Inebriated.	The only time I played baseball, I got hit with a pitch and suffered a concussion. Same level of excitement, opposite vibe.	To steal a partial quote from Chandler on "Friends." "Could I BEEEEEE" any more excited? (The answer is no. I could not.)
2	Give us your worst Cardinals trash talk.	Roll that rap video again.	They live in St. Louis, trash talk isn't going to affect them since they're already surrounded by it.	Remember that horrible rap video you all made a few weeks back? It's still the highlight of your season.	Birds are the spawn of the devil.	The only song your little bird will be singing when this series is over is Beck's "Loser."
3	What advice can you give Wrigleyville for the weekend?	Just... don't burn anything down.	The residences already have 911 on speed dial to complain. Why move to an entertainment district if you hate fun?	Those green/blue rectangular boxes in the alleyways ARE NOT public restrooms. Repeat, NOT.	Tip your servers/bartenders, or I will haunt your dreams.	Embrace the chaos. This type of sports insanity comes but once in a Cubby-blue moon.
4	Help Jake Arrieta out. What should he tweet to Cardinals fans?	After the way he handled Pirates fans, I would say he doesn't need any advice from me.	Something about how they should practice beating up on two Gatorade coolers.	"While you're in town, check out my FAVORITE show, 'Weekend Workbench' on WGN/CLTV." It could happen!	I feel like we need more tweets about his nipples. Maybe a good areola taunt? ... No? OK.	"Better watch out, or next time I hit a batter with a ball, it WILL be intentional."
5	What is one thing that will definitely happen during the Cubs-Cardinals division series?	Someone will get accused of being bush league.	Cardinals will win. There, I said it. If you have a problem with that, please tweet @Ryan Salzwedel your thoughts.	Sox fans will undoubtedly confess that they always really sort of kind of liked the Cubs all along.	Some stupid news outlet, most likely from St. Louis, will bring up the reversal of the Chicago River as if anyone still cares.	People in Wrigleyville will drink way too much cheap beer.

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Cubs cliches that get my goat



Paul M. Banks

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The Cubs' postseason return means the national media commencing a Chicago Cubs cliché convention is inevitable. The longer the Cubs' playoff run, the more trite the national coverage will become. At best, there will be incessant references to the "Back to the Future Part II" prophecy, "lovable losers" and 1908. At worst, we'll endure discussion of the Billy Goat curse, Al Capone and Jim Belushi. Yes, Jim Belushi imagery could be an unfortunate side effect of a Cubs World Series appearance.

Consider this an open letter to the national media. From one journalist to another, here's what NOT to do in your Cubs playoffs coverage. The Billy Goat curse is potentially the worst of the six clichés we've already mentioned because it could likely be the most shopworn by the end of October. Major League Baseball holds its postseason in the same month as Halloween, therefore curses, black cats, etc., are currently top of mind. The Cubs are the team slapped with the "cursed" tag most often today, but the Boston Red Sox were stricken with it prior to 2004. That season, a BoSox team built by Theo Epstein won their first World Series since 1918, and the media declared their hex ("The Curse of the Bambino") removed.

Speaking about Epstein, the current Cubs president is often deemed the smartest man

in the room, no matter what room he's in. You've heard the message and you'll hear it again repeatedly: "Epstein has/had a master plan, a plan built on a foundation of super-prospects, and this plan is progressing ahead of schedule." Yes, the Cubs weren't supposed to be this good already.

We'll overlook those platitudes as long as no one does the stale "Daaaaaa Bearrrrrrrrr" accent bit. We'll also excuse 1908 allusions, as long as they spotlight Orval Overall, the cornerstone of the Cubs 1900s dynasty.

Your Cubs playoff bingo card (or drinking game) coverage also includes the "I love the Cubs so much, I'm such a tortured soul, and why do I willingly sign up for this every season?" essay and the "Kyle Schwarber/Kris Bryant/Addison Russell/Jorge Soler is the next big thing" puff piece. The super-prospect storyline may be a novel concept to other markets, but here in Chi-Town (pro tip: no one who lives here actually calls it "Chi-Town"), we've been talking about them since 2011.

There's one exceedingly tired, incredibly predictable Cubs cliché that hasn't been mentioned yet. It's the worst of all, and that's why we won't even say his name. Of course, we'll see footage of him, and that foul ball that careened off Moises Alou's glove in 2003. He doesn't do interviews, and he doesn't want attention. So let's respect his wishes for privacy by not publicizing him.

Let's also point out the fact that "Back to the Future Part II" was written by a Cardinals fan and directed by a White Sox fan.

PAUL M. BANKS IS A REDEYE CONTRIBUTOR.

STOP. WATCH.

This weekend's must-see event in sports

CONCACAF GOLD CUP

MEXICO VS. U.S. | 8 p.m., Fox Sports 1

OK, we know this weekend is going to be all baseball all the time, but in case you're looking for some counter-programming, check this out. The winner gets a spot in the 2017 FIFA Confederations Cup in Russia, which is also hosting the FIFA World Cup the following year.

Chicago Fire goalie **Sean Johnson**, who is on the U.S. National Team, described the U.S.-Mexico rivalry for RedEye: "Somehow, our biggest wins over Mexico in the past 15 years have seemed to end with a 2-0 line, and the 'Dos a Cero' score has taken on a life of its own. Fans have taken up 'Dos a Cero' as a rally cry. ... Hopefully we can add to that list in the CONCACAF Cup this weekend." Read Johnson's entire column at redeyechicago.com.



LENNY GILMORE / REDEYE

ALSO ON TAP FRIDAY

■ Blackhawks at N.Y. Islanders, 6:30 p.m. CSN

SATURDAY

■ Illinois at Iowa, 11 a.m. ESPN2
■ Northwestern at Michigan, 2:30 p.m. BTN
■ Bulls at Timberwolves, 7 p.m. CSN
■ Blackhawks vs. N.Y. Islanders, 7:30 p.m. WGN

SUNDAY

■ Bears at Kansas City, noon Fox

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READY, SET, CARBS!

13 WAYS TO TREAT YOURSELF BEFORE & AFTER THE MARATHON

By Morgan Olsen | REDEYE

Whether you're running the marathon on Sunday or just looking for an excuse to carbo-load with the best of 'em, Chicago restaurants and bars are showing lots of foodie support for the 38th annual event. Pasta and protein are the stars of the show, and the deals are bound to calm your pre-race jitters. Here's where to eat and drink before and after the Chicago Marathon.

BEFORE THE MARATHON Ada Street

1664 N. Ada St. 773-697-7069

Chef Joanna Stachon dreamed up a four-course menu that's packed with protein and carbs. Steak tartare with fried capers, housemade linguine and clams with uni butter and fried leeks, pork ribs with agave glaze and chipotle grits and pretzel bread pudding are all on offer. Plus, each meal includes one cocktail or glass of wine. 5:30 p.m.-midnight Saturday. \$40 per person. Phone reservations recommended.

Dolce Italian

127 W. Huron St. 312-754-0700

Feast on the restaurant's Carb Marathon, a three-course, prix-fixe dinner menu that features options such as Dolce meatballs, spaghetti al pomodoro, fettuccine alla Bolognese, roasted chicken and tiramisu. 5-8 p.m.

Friday and Saturday. \$35 per person. Reservations recommended.

Ceres' Table

3124 N. Broadway 773-922-4020

For just over 26 miles, you'll need 26 layers of pasta. That's what executive chef Craig Degel must have had in mind when he crafted the 26-layer Marchese-style lasagna (\$18) with mushrooms, bolognese and parmesan. 5-10:30 p.m. Saturday.

County Barbeque

1352 W. Taylor St. 312-929-2528

Get in on the #AllTheCarbs menu for pulled pork or chopped brisket sandwiches, garlic or sweet potato fries, corn pudding, mac 'n' cheese and bourbon-banana bread pudding (\$24). If you're up for a drink, wash it all down with a can of Lone Star beer and a shot of Old Grand-Dad bonded bourbon for \$5. 11:30 a.m.-midnight Saturday.

MK

868 N. Franklin St. 312-482-9179

Unlimited pasta gets an elegant twist at the Near North eatery. Dig into all-you-can-eat housemade gemelli pasta with bison sugo, pecorino gran cru and focaccia crumbs or the vegetarian-friendly eggplant bolognese (\$28 each). 5:30-10 p.m. Saturday.

Filini Bar & Restaurant

221 N. Columbus Dr. 312-477-0234

The Fuel Up menu is meant for hungry runners and includes six pasta-centric dishes (\$22 each) such as the sweet potato gnocchi with crispy pancetta, kale, brown butter, sage and parmesan. 11 a.m.-2 p.m. and 5-10 p.m. Friday and Saturday. Phone reservations recommended.

Park Grill

11 N. Michigan Ave. 312-521-7275

If you've got out-of-towners to entertain, this tented event allows you to kill two birds with one stone. Show off Millennium Park while stuffing your face at the build-your-own pasta station. Dinner includes three salads, dessert and your choice of Goose Island beer or The Naked Grape wine. 4, 6 and 8 p.m. seatings Saturday. \$40 per guest. Tickets: parkgrillchicago.com/events



1. Fettuccine alla bolognese at Dolce Italian.
2. The outdoor patio at River Roast. HILARY HIGGINS FOR REDEYE
3. Chicken and waffles at Adamus.
4. Concretes at Shake Shack. HILARY HIGGINS FOR REDEYE
5. The interior of MK. PHIL VELASQUEZ/TRIBUNE FILE

AFTER THE MARATHON Adamus

10 S. Wabash Ave. 312-372-7696

Runners and spectators alike will receive 26.2 percent off their bill and can enjoy the new weekend brunch service, which includes menu items such as cardamom-soaked brioche French toast, steak and eggs and chicken and waffles. 11:30 a.m.-3 p.m. Sunday.

Shake Shack

66 E. Ohio St. 312-667-1701 and 12 S. Michigan Ave. 312-646-6005

Runners, show your marathon bib and receive a free concrete at either downtown location. 11 a.m.-11 p.m. Sunday.

312 Participant Celebrations

Don't pass out just yet. Be one of the first 312 runners to arrive at any of the following locations after the race to receive a free 312 Urban Wheat Ale: Goose Island Brewpub Clybourn (1800 N. Clybourn Ave. 312-915-0071), Goose Island Brewpub Wrigleyville (3232 N. Clark St. 773-832-9040), Lizzie McNeill's (400 N. McClurg Court 312-467-1992), Hard Rock Cafe (63 W. Ontario St. 312-943-2252), The Plaza at Park Grill (11 N. Michigan Ave.

312-521-7275) and Goose Island Tap Room (1800 W. Fulton St.). Sunday while supplies last.

MK

868 N. Franklin St. 312-482-9179

If you're looking to give yourself a giant pat on the back for completing the marathon, grab this decadent Sunday supper, which includes grilled kobe beef hanger steak with a truffle and tallegio cheese baked potato topped with rosemary jus (\$47). Runners also score a complimentary glass of sparkling Domaine St. Vincent Brut with the meal. 5:30-10:30 p.m. Sunday.

Osteria La Mada

59 W. Grand Ave. 312-329-0400

Flash your bib or medal while dining at the River North spot for a celebratory treat courtesy of Firecakes Donuts. 10:30 a.m.-2:30 p.m. Sunday.

River Roast

315 N. LaSalle St. 312-822-0100

Post-marathon diners who show their bibs or medals receive one free Roast bloody mary served with a crackling garnish from the chef. Sip and relax while listening to live blues music during brunch hours. 11 a.m.-3 p.m. Sunday. Phone reservations recommended. MCOLSEN@REDEYECCHICAGO.COM @MORGANCOLSEN

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Get your hands dirty with Lakeview's new seafood-in-a-bag, karaoke concept



By Heather Schroering | REDEYE

If Clark Street in Wrigleyville could be summed up in two words, they'd be "sports" and "beer." So it's no surprise a fancy cocktail bar may not take off, despite the demand for it throughout other parts of the city. That's not to say the average neighborhood resident doesn't want a good cocktail every now and again. It just needs to be packaged differently. That's exactly what Pan Hompluem did when he took over the loungey craft cocktail-karaoke bar Blokes & Birds last year. Goodbye, low-lit date spot. Hello, Lowcountry, a seafood-in-a-bag picnic with quality cocktails, karaoke and beer pong. Check your clean hands at the door, and grab a bib. You'll need it.

We're just havin' a backyard party

Blokes & Birds didn't feel like a T-shirt and flip-flops kind of place. But there's no sign of the old bar at Lowcountry. That's how Hompluem wanted it. "In order to move forward with a new concept, I can't have anything that reminds people of Blokes & Birds," he said. He wanted approachability with Lowcountry, "something that's inviting, where you can let your hair down and get your hands messy." Rows of picnic tables covered in brown paper (for easy cleanup) provide a particularly inviting atmosphere. The room is bright with white and nautical blue paneled walls; one is covered in moss, and another features a mural of crustacean creatures entangled in a fisherman's line amidst some turbulent waves. Wooden fishing bobbers and glass fishing floats-turned-terrariums are suspended from the ceiling. The menu is written on chalkboard paint on both sides of the restaurant, and two horse troughs in the center of the room serve as hand-washing stations. Nothing fancy here. Despite the seafaring decor, Lowcountry feels just as Wrigleyville as any other bar. Around 10 or 11 p.m., the kitchen closes and it becomes Brocountry (no, really, that's what Hompluem and customers have been calling it), when the picnic tables turn into beer-pong tables. "It's kind of us paying homage to where we're at," Hompluem said.

Hompluem looks back fondly on summers spent in the Gulf Coast as a kid when he and his family would share seafood boils of crawfish and shrimp at a picnic table. "We just went to town with our hands," he said. While the seafood-in-a-bag concept is trending with The Angry Crab in West Ridge and The Boiler Shrimp and Crawfish in Skokie, boils in the South are traditional social events. "I want to recreate that experience of bonding and community over a boil," Hompluem said.

REVIEW

Lowcountry & Clark St. Karaoke

3343 N. Clark St.
773-996-9997



Off to a good start

Bibs required



Shrimp with the head on, sausage, corn and potato boil with jalapeno cornbread

Now take Mr. Crawfish in your hand

My childhood self would have felt that Lowcountry lived up to my “It’s not food if you can’t wear it” motto, but adult Heather felt that bibbing up was the responsible thing to do. It’s an oily mess inside those seafood-filled bags, and if I wanted to decimate it properly, I’d need to not worry about staining my yellow crop top. Diners can order on paper menus at each table. First, mark how many pounds of protein you want. Boil offerings include shrimp (head on or off), snow crab legs, king crab legs, clams and mussels, as well as dungeness crab, lobster and crawfish if they’re in season. Everything is market price by the pound, which makes the chalkboard menu handy. Then circle the sauce—cajun, lemon-pepper, garlic or everything (the three sauces combined)—all of which are New Orleans-inspired, Hompluem said. Next, circle how much heat you can handle on a scale of one to four, one being “weak sauce aka LeBron” and four being “ridiculously hot.” (Hompluem said there’s an off-menu level five option called “The MJ” for Michael Jordan, “because he’s the greatest of all time.”) Finally, choose any add-ons you want in the bag: corn, sausage or potatoes (\$2 each).

Our server said shrimp is the best bang for your buck if you’re looking for a lot of food. We split a pound of it (market price \$15, head off for my ichthyophobic friend) and a pound of snow crab legs (market price \$18) between three of us with the everything sauce, corn and potatoes and a side of honey-butter jalapeno cornbread (\$5). The tray arrived with a bucket for shells, and steam puffed out of the bags when the server cut them open. We dove in hands-first. I had absolutely no shame in grabbing a soft-shell crab by the claw and waving it around. If we’re already wearing bibs, why not play with the food? Shrimp was definitely a great choice—the



The Good Life
BRITTANY SOWACKE PHOTOS FOR REDEYE

cajun flavors really clung to each bite. I could have gone a notch higher than two on the heat index, but that was pushing it for my less spice-inclined friends.

The menu also includes smaller portions of menu items such as calamari and popcorn chicken. Then there are the banh mi sandwiches, the “better po’ boy,” Hompluem said, adding that it’s a nod to his Southeast Asian heritage. The entire menu offers an affordable seafood experience that’s hard to come by in Chicago. “If you want to go eat seafood, it’s a big commitment, usually a date night on Saturday night because it’s usually pretty expensive,” he said. “I don’t see seafood like that because I’m Thai ... and every summer I’d go back to Thailand and seafood is just like chicken. It’s an everyday thing.”

Hurricane drunk

The juxtaposition of my craft cocktail next to a metal tray of finger food in a bag was delightful. The neighborhood craft cocktail concept wasn’t enough for Bloses & Birds to hinge on, but the cocktail selection certainly



Hurricane (from left), mai tai and soda pop drinks

BRIAN CASSELLA/TRIBUNE

RATINGS KEY ★★★★★ DEAD UPON ARRIVAL ★★★★★ PROCEED WITH CAUTION ★★★★★ GIVE IT SOME TIME
★★★★★ TAKE IT OR LEAVE IT ★★★★★ OFF TO A GOOD START ★★★★★ HEATING UP ★★★★★ ALREADY HOT

has not been watered down with the new concept. Hompluem found Raymond Chester, who runs Lowcountry’s bar program, at The Aviary. “Cocktails have to be done really well,” Hompluem said. “For me, it’s the contrast. The food is approachable [and] very get-your-hands-dirty, but I want my cocktails to be handcrafted and more higher-end with high-quality ingredients.”

The best-seller is The Good Life (\$11), with bourbon, pomegranate liqueur, raspberry-hibiscus tea and plum bitters. It was sweet and syrupy with prominent raspberry and subtle plum flavors. My favorite was the Lowcountry Limeade (\$11), with gin, lime juice, brown sugar, basil and, on the rim, brown sugar, chili powder, cayenne, ginger powder, smoked paprika and pink Himalayan sea salt. Hompluem is proud of the hurricane, a popular New Orleans rum-based cocktail that’s usually a syrupy, artificial blue mess. Lowcountry’s mixes rum, mango puree, orange juice, lime juice and cinnamon-allspice tiki bitters. It tasted like fresh, fruity gummies (in the best way possible).

There’s a healthy selection of rotating craft beer on draft and some classic cocktails. Like at Bloses & Birds, the menu is more elevated than most everything else the neighborhood has to offer, but the dice game for \$3 shots really caters to the location. One person in the group rings a bell near the front door and tosses a giant red foam die; whatever number it lands on indicates the liquor, ranging from Jameson to Malort.

Tune up. Turn up.

Formerly, the space below Lowcountry was a community karaoke lounge. Hompluem converted the space into five private karaoke rooms and called it Clark St. Karaoke, a concept he thought would be a good addition after several phone calls and emails asking about private rooms. Rooms go for \$35-\$45

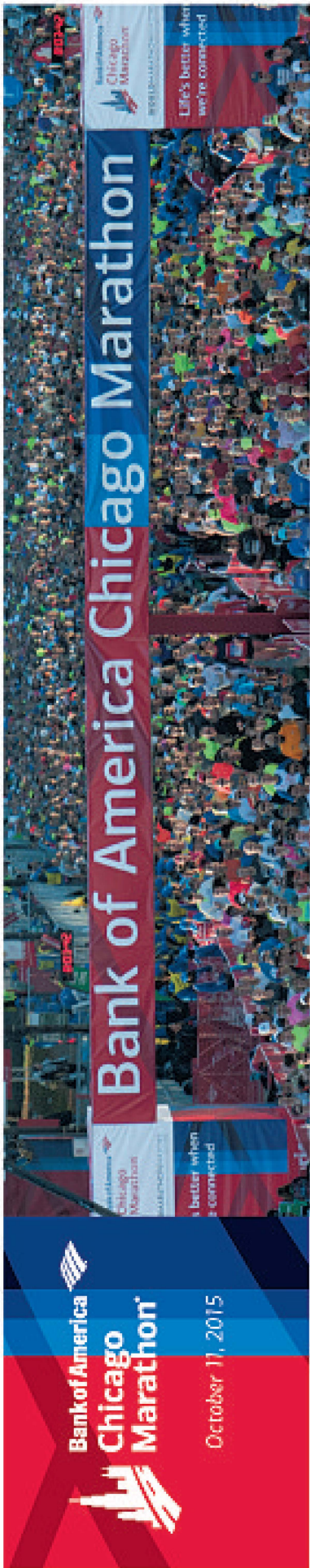
an hour, depending on the size of the space, and bottle service is offered (\$150-\$160 a bottle). Some friends, myself and a bottle of Jack Daniels settled into one of the cozy rooms with oriental rugs on the walls. You can also order from the bar upstairs, which I find to be the better deal, but I’ll always favor a fine cocktail over a Jack and Coke.

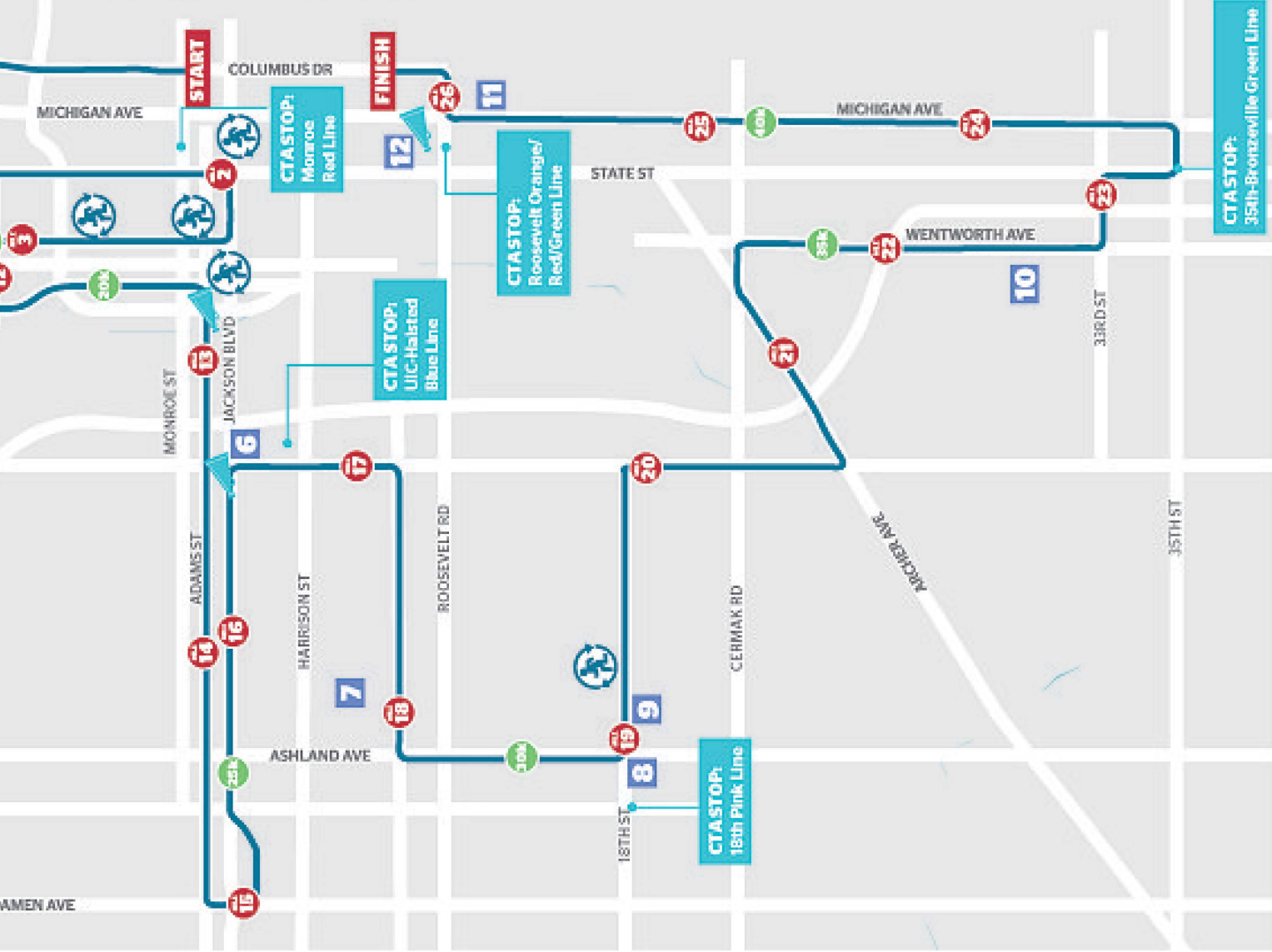
Initially, I thought we’d stay an hour. However, that time flies, considering the time it takes to learn how to navigate the song catalog. After 45 minutes, some Elvis and an absurd rendition of The Beatles’ “Oh! Darling,” we were just loosening up. An hour and 15 minutes in and we were nailing every note to “Bohemian Rhapsody.” There were metal versions of Whitney Houston and The Beach Boys, there were Beyonce battles, there was a performance of Celine Dion’s “It’s All Coming Back to Me Now” with more conviction than a Sunday televangelist special. You can’t get these experiences in a karaoke bar full of strangers. As a karaoke queen, I will say the song catalog could be stronger—it seriously lacked some staple Amy Winehouse tunes, David Bowie and other sing-alongs. But overall, I’ve never had more fun on a karaoke night, which will come in handy come wintertime.

Bottom line

It goes without saying that Hompluem understands his audience. Between Lowcountry and Clark St. Karaoke, he’s delivered a laid-back and interactive neighborhood crowd-pleaser that doesn’t take itself too seriously, despite the elevated menu offerings. Not only is it affordable, Lowcountry also smashes the notions that quality seafood and craft cocktails can only be fine dining experiences. Let your hair down. Get your hands messy. This is Lowcountry.

REPORTERS VISIT RESTAURANTS UNANNOUNCED, AND MEALS ARE PAID FOR BY REDEYE.
HSCROERING@REDEYECICAGO.COM | @OHITSEATHER





1 Dollop Coffee & Tea
345 E. Ohio St. 312-929-4007
Drop off your runner and head to this coffee shop for caffeine and a pastry to fuel you through the day. 7 a.m.-9 p.m. Sunday.

2 La Fournette
1547 N. Wells St. 312-624-9430
This French bakery is known for its colorful macarons, but their breakfast menu is packed with hearty offerings. 7 a.m.-5:30 p.m. Sunday.

3 The Flower Flat Restaurant
620 W. Addison St. 773-697-3692
You'll want to spend an entire morning in this quaint cafe that serves flower-nicknamed dishes such as the Snapdragon (\$6) with toasted hazelnut chocolate spread on challah raisin bread. 8 a.m.-3 p.m. Sunday.

4 Wheat's End Artisan Foods
2823 N. Broadway 773-770-3527
Gluten-free spectators will love this bakery and coffee shop that serves up fresh English muffins, bagels, cookies and more. 10 a.m.-3 p.m. Sunday.

5 The Hampton Social
353 W. Hubbard St. 312-464-0500
If you're looking for a sit-down affair and seafood-centric menu options, this new River North spot has you covered. 10 a.m.-11 p.m. Sunday.

6 Meli Cafe & Juice Bar
307 S. Halsted St. 312-454-0748
Watch all the action while sipping on fresh juices and munching on fresh breakfast options. 6 a.m.-3 p.m. Sunday.

7 Sweet Maple Cafe
1339 W. Taylor St. 312-243-8908
Leaving this casual breakfast spot without trying the pancakes would be a sin. 7 a.m.-2 p.m. Sunday.

8 Lupita's Restaurant
1723 S. Ashland Ave. 312-733-2856
Located just off the Pink Line's 18th Street stop, this no-frills restaurant slings fresh breakfast options for cheap. 8 a.m.-8 p.m. Sunday.

9 Nuevo Leon Restaurant
1515 W. 18th St. 312-424-1517
One of Chicago's favorite Mexican restaurants happens to be on the race route. Just don't tell your runner you stopped here. 7 a.m.-10 p.m. Sunday.

10 Ferro's
200 W. 31st St. 312-842-0702
This Italian eatery offers the morning classics you crave, such as breakfast sandwiches, pancakes and skilletts. 11 a.m.-8 p.m. Sunday.

11 Ameritalia
1303 S. Michigan Ave. 312-957-0100
Located just south of the finish line, the Italian-inspired spot has everything from stromboli to cupcakes. 11 a.m.-9 p.m. Sunday.

12 Yolk South Loop
1120 S. Michigan Ave. 312-789-9655
Tell your runner to meet you here after they reach finish line and order the pot roast Benedict (\$12.99) with two poached eggs and housemade hollandaise. 7 a.m.-3 p.m. Sunday.

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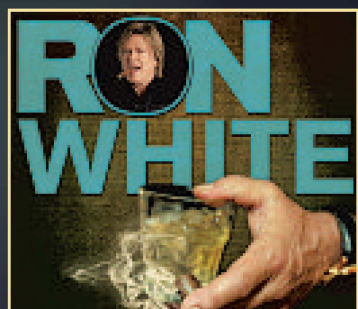
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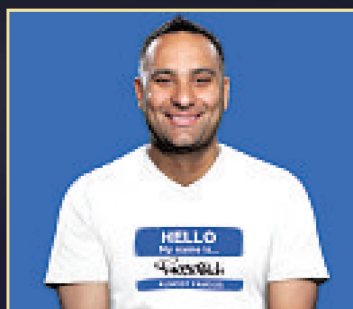
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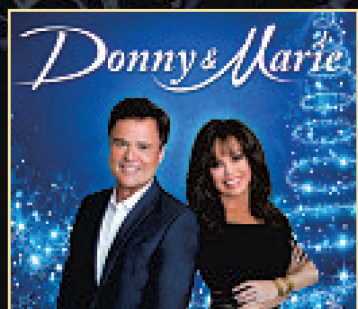
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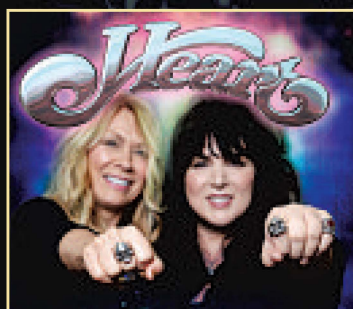
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movies



★★★★★
PAN
PG

Cockamamie 'Pan' fries Peter's legacy



FAST PAISED

Matt Pais

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» [@mattpais](https://twitter.com/mattpais)

This review could just be a picture of my facial expression when 12-year-old orphan Peter (Levi Miller) arrives in Neverland and finds Blackbeard (Hugh Jackman, ending almost every sentence with CAPITAL LETTERS AND FIVE EXCLAMATION POINTS!!!!)

leading a sea of puzzlingly reverential young men in singing Nirvana's "Smells Like Teen Spirit," despite the pirate saying that he fears an uprising. "Walking on Sunshine" might be a less angst-fueling choice, pal.

It's far from the only baffling decision in "Pan," director Joe Wright's ("Atonement") apparent attempt to do a Baz Luhrmann ("The Great Gatsby") version of several Disney rides at once. Where this year's "Cinderella" reboot was outrageously straightforward, "Pan" is all flair, a cockamamie origin story for J.M. Barrie's adventure that Hollywood refuses to let go. (Remember the 2003 version? Didn't think so.) It shows both that Jackman learned nothing from the failure of "X-Men Origins: Wolverine" and that you don't need to have any allegiance to source material when concocting an oppressive spectacle simply for the sake of charging for 3-D glasses.

In Neverland, Peter meets James Hook

(Garrett Hedlund, embarrassing himself as some kind of yearning Yosemite Sam), whose name outrageously foreshadows that a crocodile turning Captain's Hook hand into lunch was only irony, not the creation of a nickname. There's a war going on or something—I got lost amid brain-tangling ideas such as Tiger Lily, the leader of the group Blackbeard calls "savages" who seems to pick some of her apparel from Bjork's closet, being white-washed and played by Rooney Mara, whose accent shows the courage of the film finally representing that most unseen of tribes, the English.

A prophecy indicates that Peter's the chosen one in this land because what a shame it would be if every children's movie didn't resemble "Harry Potter" in some way. (It's sorta like "The Lego Movie" played straight.) The sometimes-visually impressive "Pan" also recalls the "Indiana Jones" franchise and "Wild Wild West," and even "Lord of the Rings" when it turns out that Smee's real name is Sam Smiegel. Is his middle name Gollum?

As for lessons, Peter takes pride only in his lineage, not in any other sort of duty, undermining the effort to make him believe in himself even if he's not the golden child. He's given a necklace as a baby, which not only appears to get bigger as he ages but which we're also supposed to believe is never confiscated by an army of evil nuns. Seconds after Saturn appears to be the size of a person, there's a crotch gag. Ahhhhh!!!!!! Said it before, will say it again: Leave our childhood alone.

'Malala' doc aims for inspiration, not thought

FAST PAISED

Matt Pais

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A filmmaker needs unbelievable tunnel vision to make a movie about problems in the education system of planet's most powerful country and then make another movie

touting the theoretical value of going to school in a developing country.

For the record: Every person absolutely should have access to education. It's a human rights travesty that the Taliban would demand that girls not go to school, among countless other revolting treatments of women in many places around the globe. Malala Yousafzai, the 18-year-old Pakistani activist who won the Nobel Peace Prize last year and rose to international attention after the Taliban shot her in the head because she spoke out about women deserving an education, absolutely deserves credit for her unbreakable spirit and work spreading an important message.

Yet "He Named Me Malala," from director Davis Guggenheim (of the OK "Waiting for 'Superman'" and wildly unworthy Oscar winner "An Inconvenient Truth"), doesn't try to raise awareness for Malala's issue, only for Malala. And not in any concrete way—even after seeing this less-than-90-minute round of applause of a documentary, you still don't really know what Malala is doing and what impact her speeches and travels have had. You know that she's been on "The Daily Show" and met Bono. But Guggenheim does nothing to reconcile the fact that the Taliban blows up hundreds of schools regardless of Malala's spot on Time's list of influential people. Perhaps the film's most profound moment comes when young women are kidnapped in Nigeria and Malala, brought in to raise the international profile of the incident, asks, "What should I do? How can I help?" She does not say this openly and determinedly. She says this in disbelief, knowing she is a teenager who cannot do much in this situation.



Malala Yousafzai in 'He Named Me Malala'

★★★★★
**HE NAMED
ME MALALA**
PG-13

This doc might have examined the pressure on Malala in her role as a teenage political figure or public perception of world leaders compared with how much people know about what is done and what is or isn't changing. Instead, Guggenheim tacks on Pakistani detractors of Malala's celebrity toward the end, uninterested in looking closely at turning a legitimately praiseworthy figure into an icon while a complex, violent problem rages on. His frequent use of animation and goofy input from Malala's kid brother—switching from

the boy saying he likes Roger Federer's hair to Malala recalling her friend being shown a man's decapitated head is a horrendous transition of legendary proportions—further undermines the serious, real subject matter. Malala expresses heartache for the many kids out of school in Syria, and of course that's sad. But survival trumps education, and "He Named Me Malala" is too busy prepping the standing ovation to sit and think about how the world got to this place and what needs to be done to save lives, then minds.

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Fact-based 'Freeheld' feels phony, one-sided

FAST PAISED

Matt Pais

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It's so weird when a movie about a true story feels phony, reducing a complex issue to something simple and obvious. This should never happen, but it does. And nothing

gets a free pass just because it's fact-based and indicative of a shift in social policy.

The most recent example is "Freeheld," which makes an important issue incredibly uninteresting as drama. In New Jersey in the early 2000s, detective Laurel Hester (Julianne Moore) has been diagnosed with terminal cancer, so she requests for her pension to shift to her partner, Stacie Andree (Ellen Page), after Laurel passes away. All she wants is the treatment her heterosexual colleagues receive. Cue the board of old white dudes generically mumbling about "traditional values" and "sanctity of marriage." Of course, we only get to know the youngest one (Josh Charles),

who wants to support Laurel but is outnumbered. Then Steven Goldstein (a terrible Steve Carell) arrives, proclaiming "It's Steven with a v, as in very gay" and leading countless chants in the public meeting room of, "You have the power!"

Maybe this is exactly how it happened. But writer Ron Nyswaner ("Philadelphia") and director Peter Sollett ("Nick and Norah's Infinite Playlist") deprive "Freeheld" of the tension and struggle that come from an uphill battle against injustice. The freeholders' (city officials') bigoted stand never goes deeper than the saints refusing to give up and the jerks hemming and hawing until giving in. Yes, real-life political conflicts have been known to feature folks clinging to prejudice as long as possible. But this movie, in which Laurel describes her work as, "It's a good job, but it's not what you see on TV," feels unmistakably like the kind of one-sided take on real events that junky TV movies are known for. Lifetime executives, email me if you really



★ ★ ★ ★
FREEHELD
PG-13

Ellen Page in 'Freeheld'

don't know what I'm talking about.

Laurel tells Stacie she's smart, funny and amazing when they've hardly talked at all; their relationship is barely established, and once Laurel gets sick the movie relies on cliches, not honest character moments. Rather than seeming like a significant, difficult step on the way to the legalization of gay marriage, "Freeheld," which is worse than "Stonewall" BTW, feels like piggybacking at a time when

it takes a lot less courage to tell the story.

And the way the police department seems to stop all activity while Laurel's case takes front and center is borderline comical—especially considering how she and her partner (Michael Shannon), a tough guy who tells Steven "Don't call me honey," had been investigating a double homicide. At the end of the movie he and the chief mention out of the blue that the killer was found and convicted. Huh?

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movies



★★★☆☆ **IN MY FATHER'S HOUSE**
R

Che 'Rhymefest' Smith and his father, Brian Tillman, in the documentary 'In My Father's House'

'In My Father's House' needs to try harder

FAST PAISED

**Matt
Pais**

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» @mattpais

"In My Father's House" couldn't have a better hook for a documentary: Man (who happens to be former major label rapper Rhymefest, born Che Smith) buys house where his dad grew up, gets inspired to seek out the man he hasn't seen in decades, reconnects with his homeless, alcoholic father and takes on the role of parent as he works to rehabilitate someone who, as it turns out, wasn't that far away once he started looking.

So it's too bad that this Chicago-focused film, which held its red-carpet premiere Monday at Music Box, consistently struggles with storytelling. Don't open a documentary with statistics about single-parent households tripling since 1960 and how fatherless kids make up the majority of youth suicides, high school dropouts, juvenile incarcerations and homeless children if you're going to neither cite where those numbers came from nor open up the film into a bigger discussion of a very large issue. Directors Ricki Stern and Annie Sundberg also do little to explore how Smith recovered from the 2006 debut album he says

"bombed" and having houses he purchased go into foreclosure, or any impact on his children that stemmed from the days when he says a record deal led him to ignore his kids and do exactly what he promised he would never do: repeat his father's mistakes. The filmmakers don't even work to give a strong sense of place in South and West Side neighborhoods that go largely undefined.

Still, when "In My Father's House" focuses tightly on Smith (who is halfway to an EGOT thanks to co-writing Kanye's "Jesus Walks" and John Legend/Common's "Glory" from "Selma") and his father, Brian Tillman, powerful human drama happens naturally. Their reunion could make a block of wood get choked up. Smith gradually evaluates his own role in his family and how growing up without a father affected him, and Tillman's life changes due to the help he receives and the motivation he has to clean up, even altering the way he sees his best friend, recognizing a difference now that he's trying to get sober.

So there's definitely something here. "In My Father's House" has vulnerability and a few laughs. But a story about reconnecting shouldn't seem so uninterested in filling in the gaps.

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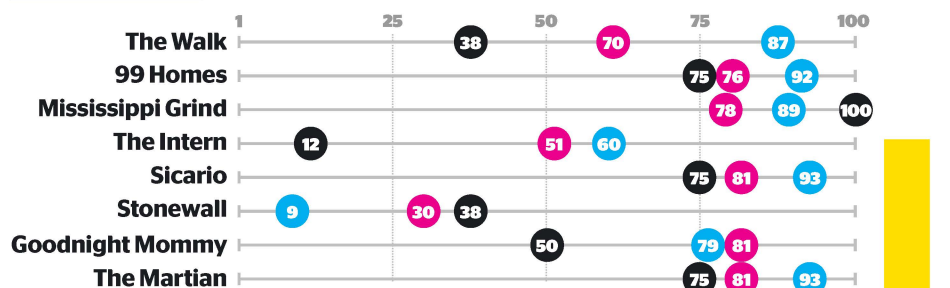
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movies

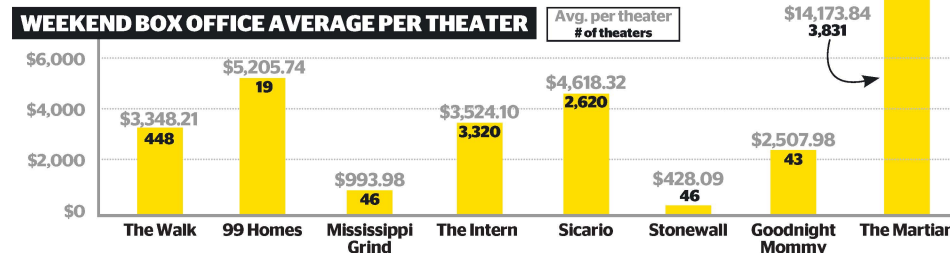
movie business

With a new batch of movies opening, you may be digging through your brain to remember what came out last week and the week before. Here's a numerical look back at what I thought (out of 100) about some of the movies you may have seen/liked/hated/forgotten about, and, sigh, if you want to know what someone else thought of them, an idea of how critical aggregators rate the movie. And how much money each brought in last weekend, which I guess sometimes matters. —MATT PAIS, REDEYE

CRITIC RATINGS



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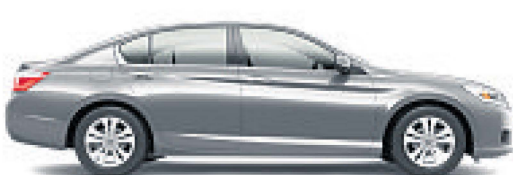
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threesome

3 PERSPECTIVES ON ONE RELATIONSHIP QUESTION

Welcome to "Threesome." Each week, we'll take a look at a relationship question from the public and have three panelists give their insights. Have a question to ask? Shoot it over to us on Twitter at [@redeyechicago](#) or on our Facebook page. If it's a little more private, feel free to email it to [redeye@redeyechicago.com](#) with the word "Threesome" in the subject line.

I'm an extremely well-endowed male, and I am extremely tired of women running out of the room when I'm fully erect. Do I tell them first? They don't believe, then say, "OMG, let me see!" Then ... gone! HELP. – "The Myth," Hyde Park



Fred
Single, 34

» Host of "Fred and Angi in the Morning" on 103.5 KISS-FM
» @fredonair

While it's hard to have a pity party for you, my friend, from what I'm told, most ladies prefer an average or slightly above average schlong over the "mythological" third leg. And, sorry to discredit your potential romantic marketing opportunity in RedEye (no, I don't have access to this dude's phone number), but I'm also told girth outweighs length.

But, I digress.

My advice: Maybe refrain from boasting about your trouser snake in advance of showtime? Perhaps in the heat of the moment, a woman would be more excited and accommodating to your "asset" and less likely to duck for cover?



Isaac Paul

In a relationship, 36
» Host, devil's advocate and resident know-it-all of "The Tequila Tales"
» @thetequilatales

I can totally imagine how this could be a bummer. Men have been lying about their size since before the Egyptians were using cubits to measure, but your situation goes to the opposite extreme, which is causing you to be hung out to dry.

I think your best bet is employing a technique that less-endowed men use (or so I've heard),

where they slowly develop a great and trusting relationship over time. Once a woman is emotionally invested, it becomes much harder to abandon you. You must, however, reassure the woman that you will be delicate and attentive to her needs, and be willing to stop if it becomes painful and/or unenjoyable. Regardless of what the Internet has taught us, no woman wants to feel you poking her kidneys.

If this doesn't help, you may seriously want to consider a reduction surgery. I hear they are effective, and you'll still have several cubits to work with.



Keri Wiginton

Married, 33
» Photo editor and part-time advice giver at the Chicago Tribune
» @keriphoto

If your "problem" is strictly a length issue, just don't put it all the way in. Problem solved. A woman's vaginal canal is three to four inches long when she's not aroused. It expands to around six or seven inches when she is, so anything over seven probably isn't going to fit all the way anyway.

There's also a little thing called vaginal tenting.

The vagina "tents" when a woman is fully aroused. Muscular tension pulls the uterus up, allowing the vagina to expand in length and width. If you've heard a woman complain that you're hitting her cervix, then she's not properly tented. If you're not spending adequate time in foreplay (by that I mean at least 15-20 minutes), then get to it and everything should be fine.

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theater



FLIRTY & NERDY **SUICIDEGIRLS' BLACKHEART BURLESQUE IS BACK**

By Heather Schroering | REDEYE

If anyone can make “A Clockwork Orange” and “Adventure Time” sexy, it’s the Suicide Girls. The nude pin-up models from the site suicidegirls.com are on the road again with their Blackheart Burlesque show, and the cheeky, geeky themes can be seen at their Chicago stop at Abbey Pub in Irving Park on Saturday (9 p.m. \$25 general admission. Tickets: theabbeychicago.com).

SuicideGirls started in 2001 as a place for alternative women to share nude photos. It’s grown from about a dozen models to nearly 3,000 around the world, according to co-founder Selena Mooney, aka Missy Suicide, and members can join the site for a \$12 monthly fee to view models’ photo sets. The Blackheart Burlesque started in the early 2000s but took a long break until 2013. Local

burlesque group Kiss Kiss Cabaret opens for the SuicideGirls on Saturday. We called Missy to chat about her favorite scene in the show, feminism and nudes on the Internet.

What was the nude market like in 2001? What kind of models were you primarily seeing pre-SuicideGirls?

Pre-SuicideGirls, there were two types of

beautiful women in the world of media. There was the blonde, stick-thin waist, supermodel Kate Moss type, and then there was the blonde, buxom, silicone-enhanced Pamela Anderson type. And those were the two types of beauty that all women had to strive for that the media considered beautiful. I thought that the women I knew were some of the most beautiful women in the world, and I wanted to give them a place where they can be appreciated for their beauty and all that they had to share with the world. So ... I decided to create a website where they could

share their thoughts and their feelings as well as their images and be themselves and create a community around them.

SuicideGirls: Blackheart Burlesque

Abbey Pub (3420 W. Grace St. 773-478-4408)
9 p.m. Saturday. \$25 general admission. Tickets: theabbeychicago.com

How many cities is the Blackheart Burlesque tour hitting?

It keeps expanding. Fifty-eight or 59 in the U.S. Then at the beginning of the year, we’re going to South America.

Can you tease a favorite scene in the show?

It’s so hard because there are so many good ones. On this go-around, there’s an original song that one of the girls sings that’s set to Amy Winehouse’s “Back to

Black,” but it’s “Harry Potter”-themed. It’s pretty amazing.

What was alternative 14 years ago is not necessarily alternative now. People without tattoos and piercings are more rare than the latter. What makes SuicideGirls alternative now?

SuicideGirls’ whole ethos is about redefining beauty and having a place where people that don’t fit into the normal definition of beauty—this supermodel-y beauty that’s kind of shoved down our throats—and it comes in a variety of different types. We’ve got girls from every continent including Antarctica. There [are] girls from South America who look different from the girls from Asia who look different from the girls from Russia. And we have all different body types and girls of different able-bodiedness and girls with different stature. Beauty comes in every form and package, and confidence is really the sexiest attribute a person can have, so I think SuicideGirls encompasses so much more than just piercings and tattoos.

I used to see SuicideGirls being referred to as “alt porn” or “punk-rock porn.” How do you feel about SuicideGirls being categorized as porn today?

I feel like it’s a little silly. ... The female nude form is the most celebrated subject matter in all of art history. The girls on SuicideGirls are in beautiful nude photos. They’re not doing anything sort of lascivious, so it feels like, to me, porn is great and has its place, but there’s definitely a sort of lascivious feel to porn, and that’s not present on SuicideGirls in any way. The girls are just naked, and they’re beautiful nude images, but I think it’s silly to compare the two.

Do you still hear that as much?

Not as much. Everybody is naked on the Internet. It’s not really a novelty. In the past, there was a lot more confusion, but I feel like recently, and by recently I mean on this half of the decade, ... the name SuicideGirls is a lot more understood now, that it’s girls committing social suicide by choosing not to fit in, whereas back in the day there were more hurdles.

You mentioned that everyone is naked on the Internet today and it’s not a novelty anymore. What is it do you think keeps subscribers coming back?

I think they initially come for the pictures because the girls are in beautiful, artistic, awesome nude images. But I think they stay for the community. The community on our site is pretty remarkable. You know how on the Internet you can’t post a photo without getting trolls saying mean things to you? On SuicideGirls, girls post nude photos, and 99.9 percent of the comments are super supportive and really insightful and sweet and encouraging. It’s really a remarkable thing. Our community in general is so warm and awesome. It’s like [how] every town has

that coffee shop or someplace where people go and gather if they didn’t fit into the norm. And our site is that but for the world. You find all of the cool people in your town hanging out in this one place.

In the past, you’ve caught flak for calling yourself a feminist. Every other day, someone else is under the gun for the semantics of their personal values. What does that word “feminist” mean to you?

I understand why people take it so personally. It’s a word that resonates so strongly with each individual and has a slightly different meaning for each person. I get that, and I feel like I had my feminist controversy like 10 years ago because I used the word feminist and everyone was up in arms because I have naked pictures. I feel like [feminism] at its core is the philosophy that everybody should be treated equally ... I think currently the biggest barrier to that is just not having as many female voices in power.

How do you feel about feminism and women who choose to put their nude photos out there?

Everybody has a naked body, and the more confident we are with our bodies and ourselves, the happier the world is going to be. ... I think it’s counterintuitive to consider our bodies to be shameful.

Criticisms of the site have been circulating for years, including exploitation of models and their contracts. While that flared up in 2005, it’s something people still ask you

“Beauty comes in every form and package, and confidence is really the sexiest attribute a person can have, so I think SuicideGirls encompasses so much more than just piercings and tattoos.”

—Suicide Girls co-founder Selena Mooney, aka Missy Suicide



Selena Mooney, aka Missy Suicide



about, considering the pointed questions during your Reddit AMA (Ask Me Anything) back in May. What’s your response to those who say SuicideGirls has a reputation for exploiting its models?

I feel like we’ve been going on for 14 years now. Our model release is super transparent. It’s in [as] plain English as you could possibly have it. It’s been the same since 2006. We’ve had models that have been with us for over a decade now. Yeah, some people were upset in 2005, and you can’t make people happy all of the time, but it’s been a decade. We’ve got a decade of track record of how we process things.

... That [Reddit AMA] made me so angry because I had spent seven hours answering questions, and I had answered that question people were [commenting on], and then I signed off. ... I don’t hide from controversy. Did I behave in a way that I would not behave now a decade ago? Yes. Would

I have handled things differently had they happened now? Sure, but I feel like we all learn from our mistakes. Did I feel like what I was doing at the time was right? Yes, and, you know, you can’t make everybody happy all of the time. In a community that has so many outspoken voices, we strive so hard to be a place that outspoken people do have a platform. It’s impossible to make everybody happy all of the time.

What’s up next for SuicideGirls?

We’re working on quite a few things. We’ve got our next art book at the publisher. We just had a meeting about a podcast that might be happening. We’ve got another type of book we might be putting out soon. There’s the burlesque tours going everywhere. We’re working on possibly a new comic book.

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DIFFICULTY RATING: ★★★★★

TODAY IN THE YEAR ...

1701: The Collegiate School of Connecticut (Yale University) was chartered in New Haven, Conn.
1888: The Washington Monument was opened to the public.
1940: Beatles co-founder John Lennon was born in Liverpool, England.
2001: Letters postmarked in Trenton, N.J., and sent to Senators Tom Daschle and Patrick Leahy later tested positive for anthrax.
2003: A nine-day trash-haulers strike ended in Chicago, with an estimated 135,000 tons of garbage awaiting pickup.

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THURSDAY'S SOLUTIONS

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ACROSS

- 1 ___ in; resist no longer
5 Water vapor
10 "___ Long Way to Tipperary"
14 Signed an IOU
15 Lift with effort
16 Cruel
17 Table supports
18 Indignation at unfair treatment
20 HST's follower
21 Monthly expense
22 Tricks
23 Yes-man
25 TV's Rather
26 Rascals
28 Ebb
31 Planet's path
32 Win a game fraudulently
34 Most common conjunction
36 ___ and pepper
37 Event on a court schedule
38 Donate
39 Small bill
40 Courted
41 Narrow boat
42 Shun
44 One who dies for his beliefs
45 Boy
46 Temple leader
47 Thread holder
50 Hairpieces
51 Org. for Spurs and Suns
54 In ___; being argued about
57 "I've ___ working on the railroad..."
58 Cry from a flu shot clinic
59 Sew lightly
60 As wise ___ owl
61 Spruce or larch
62 Mountaintop
63 ___ for; requests

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DOWN

- 1 Freezing
2 Filled with wonder
3 Carrots and spinach
4 Asner & Begley
5 Tears to bits
6 Very small
7 Orient
8 "___ Maria"
9 Beard wearers
10 ___ to; not likely to catch, as a disease
11 Golf ball pegs
12 Not bananas
13 Crawling bugs
19 Stretch of land
21 Engrossed
24 Leave out
25 Good buy
26 Unexceptional
27 Wading bird
28 Peruse
29 Delicacy; petiteness
30 Ambassador
32 Noisy bird
33 Go quickly
35 Buck or doe
37 ___ the line; followed orders
38 Attire
40 Blue ___; largest mammal
41 Taxis
43 Put togs on; dress
44 Attractive piece of metal?
46 Public uprisings
47 Glasgow fellow
48 Rain hard
49 A single time
50 Intelligent
52 Bird's bill
53 Curry & others
55 CBS competitor
56 Paving goop
57 Sheep's cry

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50-54	88.50	73.50	36.00	30.00	18.50	15.50	11.50	9.70
55-59	111.00	92.25	45.00	37.50	23.00	19.25	14.20	11.95
60-64	136.00	103.50	55.00	42.00	28.00	21.50	17.20	13.30
65-69	163.50	126.00	66.00	51.00	33.50	26.00	20.50	16.00
70-74	221.00	171.00	89.00	69.00	45.00	35.00	27.40	21.40
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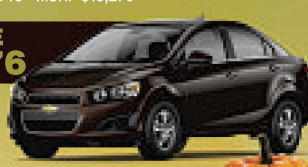
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off the grid

RUN, CHICAGO, RUN

By Sara Amato | REDEYE

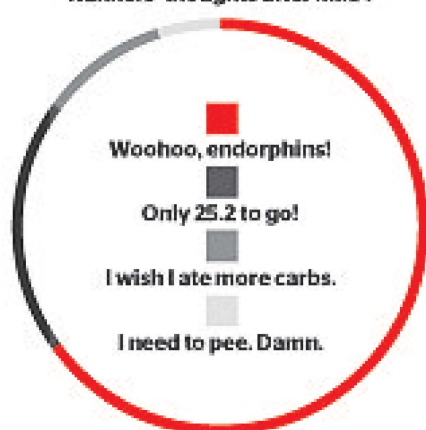
Runners, this is your weekend. Pedestrians and normal folk who love to be downtown on Sundays, this is not your weekend. The 2015 Bank of America Chicago Marathon is Sunday, and thousands (and thousands) of people will be running throughout the streets of Chicago. I'm in awe of anyone who runs the marathon because I find it hard sometimes to get out of bed. All your training is finally going to pay off. Congratulations! In your honor, I decided to break down the Chicago Marathon with some handy inaccurate infographics.

SARA AMATO IS A REDEYE DESIGNER. SAAMATO@REDEYETCHICAGO.COM | @SAAMATO

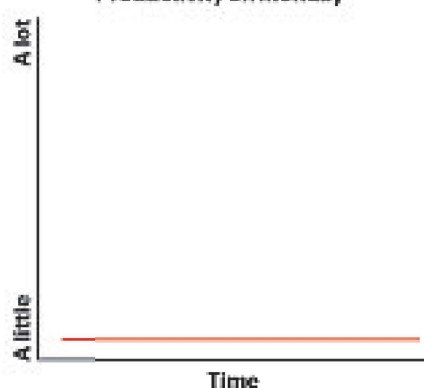


GETTY IMAGES

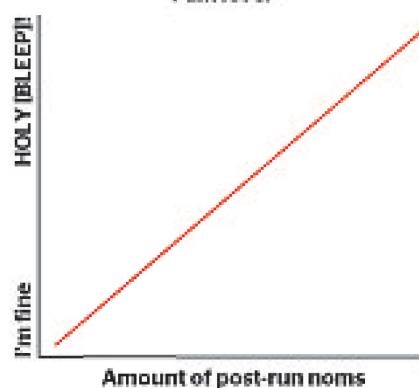
Runners' thoughts after Mile 1



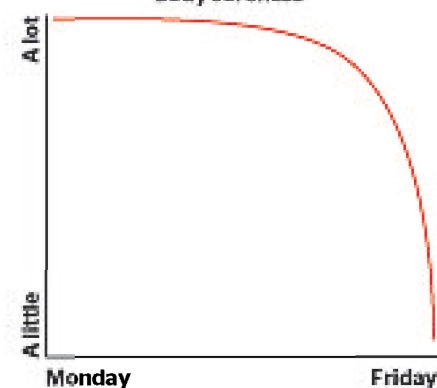
Productivity on Monday



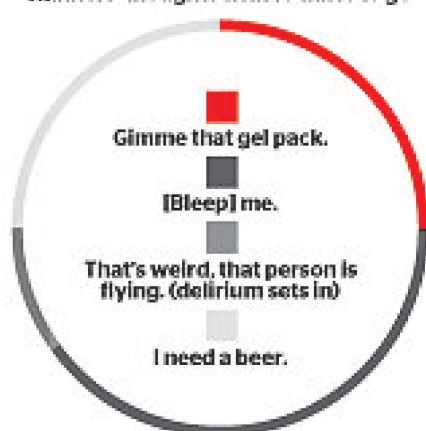
Pain level



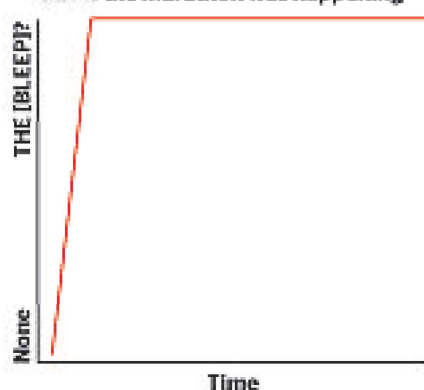
Body soreness



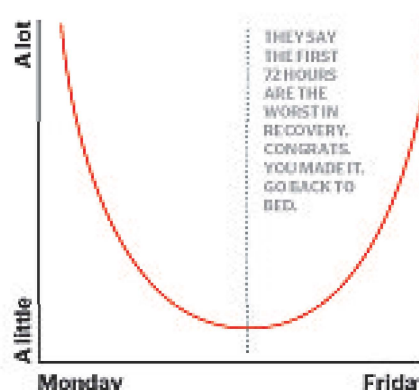
Runners' thoughts with 10 miles to go



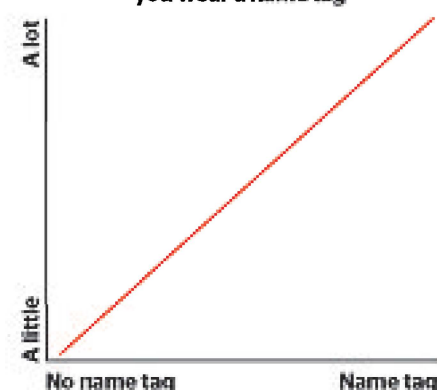
Frustration of someone who didn't know the marathon was happening



Need for sleep



Level of cheers when you wear a name tag



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red hot

THE NEXT SUPER SEQUEL

ANT-MAN

After the small hero's big success this summer, Ant-Man is headed back to screens—and this time, he's not alone. Marvel announced Thursday on its website that Scott Lang will return alongside Hope Van Dyne for "Ant-Man and the Wasp," set to be released July 6, 2018. It will be the first Marvel Studios film named after a heroine, according to marvel.com. The two characters were played by Paul Rudd and Evangeline Lilly in "Ant-Man."



ALY MORRIS/REDEYE ILLUSTRATION

Thanks, Netflix

Here's a bummer: Netflix is raising the price of its Standard plan, which allows members to watch in high definition on two devices at once, up a dollar to \$9.99 a month, according to deadline.com. Less of a bummer: For the first year, the price change will only affect new subscribers; if you've already got a standard plan, you get to keep your current price for now. The single-screen, standard-definition Basic service and four-screen, HD Premium service will remain at \$7.99 and \$11.99, respectively. Do what you have to do, Netflix, but we hope this money is going toward a lot more Frank Underwood and Kimmy Schmidt.

THE QUOTE

"I'D RATHER BREAK THIS GLASS AND SLASH MY WRISTS... I'M OVER IT AT THE MOMENT. WE'RE DONE. ALL I WANT TO DO IS MOVE ON."

—**Daniel Craig**, to TimeOut, on doing another James Bond film. In the super candid interview, Craig also talked about begging director Sam Mendes to return for "Spectre," how his character views women ("I think it's OK for him—not to be misogynistic, that's too strong a word—to find women a little difficult, shall we say?") and what it would take for him to play 007 once more ("If I did another Bond movie, it would only be for the money").



SELENA SPEAKS OUT

In an interview with Billboard, **Selena Gomez** put to rest rumors about the reason behind her January 2014 stay at an Arizona rehab facility: She was diagnosed with lupus, an autoimmune disease. So why not come out earlier and end speculation about drugs, alcohol or a broken heart over ex Justin Bieber? "I wanted so badly to say, 'You guys have no idea. I'm in chemotherapy. You're assholes,'" Gomez said. "But I was angry I even felt the need to say that." Her new album "Revival," drops Friday.

AP FILE PHOTO



F. Gary Gray
AP FILE

N.W.A. to FF8

"Furious 8" has found its director: "Straight Outta Compton's" F. Gary Gray. Gray confirmed the news on Twitter on Thursday, writing, "Can't ask for better partners than Vin, Neal & Universal. Excited to bring u the next chapter of the #FastFamily saga." Pre-production on the film is already underway, and the entire cast of "Furious 7" is expected to return, according to deadline.com. The current release date is April 14, 2017.

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